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February News

February 20, 2006

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Schedule Change- April 16th: 10am Class ONLY!

Enjoy the Easter Holiday with your friends and family. This upcoming Sunday, **April 16th**, there will only be a **10am class**. The *noon class* has been *cancelled*. This is the only day of classes modified for the holiday.

One Year Anniversary ... Posture Clinic

Bikram Yoga Hampden opened its doors on April 27, 2005.

Join us to celebrate our first year in operation by taking a posture clinic with Sarah Ittmann (who celebrates her 7th year of teaching Bikram Yoga). **Details...**

4 hour Posture Clinic

10am to 2pm

Cost: \$40 (includes entry to the 8am class). As you all know Sarah could talk for hours about yoga. Do not fear: this clinic is for you to ask questions, see demonstrations and deepen your understanding of the postures. We can even photograph you in a posture to help

Featured Pose: Camel

Camel Pose: Ustrasana In this posture you are going to experience maximum stretching of your spine with gravity's help. When you first begin it is important not to be in too big of a hurry to move your hands. First the spine has to bend. Be patient. Camel pose can create such an array of reactions in all of us. If you feel dizzy try to keep breathing and keep your eyes open. One day you will be able to stay in the pose for the full time. If you have to come up early, please do so carefully and then quietly relax on the floor. Bear in mind that this is the posture that can cure vertigo and dizziness. The maximum spine compression in this pose relieves back ache (especially low back ache) and with practice strengthens your back and your neck. Holding this posture slims the abdomen and waist. It will also strengthen the thighs and butt. Ustrasana is great for breathing problems including asthma, emphysema and chronic bronchitis.

you see where you need to improve.

It may help you to do the 8am class before we start stretching into deeper understanding of the poses but it is not obligatory.

Bring lots of water and a snack for yourself or to share. Please feel free to invite friends and family who may not have tried yoga before.

No experience required.

"Picture this: Life through a lens" April 29th, 7pm

2nd Annual Photography Exhibit 7 pm on April 29th

"Picture this: Life through a lens" For the second year in a row, Beth Blauer has coordinated this successful project for at risk teens. Bikram Yoga Hampden is excited to host this event for its second year, and look forward to seeing the photographic work of these budding talents. The event is Sponsored by the Department of Juvenile Services, the Comptrollers of Maryland, and M.I.C.A.

This is a free event open to the public, so please show your support by attending and bringing friends!

Photos will be for sale, and all proceeds go directly to participating youths.

30 Day Challenge!

"Practice yoga every day for 30 days and I promise you a new life!"
- Bikram Choudhury

Start the 30 day challenge together.

- **When:** April 29th @The Posture Clinic (or at the 8am class that same day)
- **What:** 30 Yoga Classes in 30 Days
- **Who:** everyone can do this!
Remember, you have your fellow students and teachers to support you throughout this month.

You need to have a valid pass for 30 days, and it doesn't matter how you do it, but you must commit to completing 30 classes in 30 days. (i.e. double up on those days you need to)

The rewards will be felt by you in so many ways, but to encourage you and congratulate you you will also receive:

- 20% off your next retail purchase OR class package
- 5 Class Card Gift Certificate (worth \$70)

Do you dare to join us?

The Challenge starts April 29th and is open to everybody!

Register at reception to get your list of Challenge Rules, put your name down and get a copy of the guidelines.

Are you ready to challenge yourself?!

Yoga Merchandise: Bikram Yoga Hampden T-Shirts

Throughout the pose, you are opening up your respiratory system and the ribcage is expanded, which helps cases of pigeon chest (very good for children as they are developing). As you go deeper into this posture you will eventually get your hips in front of your heels. *Come to the posture clinic so we can snap some photos and help you get a visual understanding of your poses.*

Go Surfing...

[Mick the Pirate](#)

[Breathe Books](#)

[The Hermitage Plantation](#)

[Check out Lenny Addorisio's Yoga T-shirts](#)

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Wear a Bikram Yoga Hampden T-Shirt and be proud!

Check out our new line of Bikram Yoga Hampden T- shirts with the Baltimore skyline. We even have a cute and comfortable hoodie to wear after you get out of class or even when you are finishing up a long day at the pool or the beach.

T-shirts are \$19.50 and Hoodies are \$29.50,

so purchase your shirt at reception now! Please inquire at the front desk for more information.

email: info@bikramyogahampden.com

phone: 410.243.2040

web: <http://www.bikramyogahampden.com>

Gift Certificates

Have a ton of Birthdays coming up? Buy a Bikram Yoga Hampden Gift Certificate for the one you love. Acupuncture and Massage Gift Certificates are also available. Please inquire at the front desk for more details.

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